

National Wear Red Day

February 5, 2010



nationally sponsored by



Wear Red Day Helps Save Lives

On **National Wear Red Day**, Friday, February 5, 2010, millions of people will choose to wear red and speak up against heart disease. It gives women and men everywhere a way to show their dedication and support of the cause, and empowers them to take action for their health. And it gives them the opportunity to honor the women in their lives by sharing this lifesaving information.

Go Red For Women® invites your company or organization to hold a **Wear Red Day** event on **National Wear Red Day**, or any other day. It's fun, it's meaningful and it's a great way to boost morale and build team spirit. It's also a great way to show your concern for co-workers, family members and friends, and empower them to take action and speak up against heart disease.

Sign up for free downloadable tools at GoRedForWomen.org/WearRedDay.

Wear Red Day is Easy and Fun!

Go Red For Women makes it easy to promote and hold your own **Wear Red Day** event with its free **Wear Red Day** Toolkit. Downloadable instructions will guide you with your plan and will provide you with fact sheets, posters, tools and tips to help make the most of your campaign. Visit GoRedForWomen.org/WearRedDay to sign up for your free online toolkit.

Preprinted posters, flyers, red dress stickers and pins, and other materials are also available at nominal cost on ShopGoRed.com.



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Our Hearts. Our Choice.

Heart disease takes away voices—and choices. Some choices are unimportant and some are life-changing. But what if the choices you thought were small were actually the ones that mattered? By speaking up, building awareness and driving action, we can choose to live, not die.

Make the choice to celebrate Wear Red Day in your company or organization.

Healthy hearts are a matter of choice, and we can turn our personal choices into lifesaving actions. Here are a few examples:

Read more about these women and others who choose to speak up to beat heart disease at GoRedForWomen.org/Stories.



GAIL, FALLS CHURCH, VA, 52

"I Go Red for my father and the other people who have died of heart disease in my family. I want to live. I'm up for this fight."

JENNIFER, SUN PRAIRIE, WI, 34

"I made the choice to save my heart, mind and body before it was too late."



GLORIA, OCOEE, FL, 38

"No matter who you are or what lifestyle you lead, you need to be informed and make the changes you can, so you can be here tomorrow."

ROLANDA, NASHVILLE, TN, 43

"I Go Red for myself and for all of the important ladies in my life. I don't want this to strike them as it did me."

